



## ĀB-ĠŪRA

---

**ĀB-ĠŪRA** (or ĀB-E ĠŪRA), the juice of *ġūra*, i.e. unripe grapes. (The term is applied secondarily to other unripe fruit. For examples of the term *ġūra* in literature, see Dehḵodā, fasc. no. 74, pp. 361-62.) Such juice, sour and highly acidic, is used in Persian cuisine both for its own sake and as a substitute for lemon juice.

In commercial processing the unripe grapes, after being picked, are placed in large mills and mashed to a pulp. The juice thus squeezed is separated from the seeds and skins, collected in large vats, and put up in sterilized bottles. As an alternative to the purchase of *āb-ġūra* in the marketplace, many Persian housewives prefer to prepare and bottle their own at home. Great care is taken to ensure that the bottles are filled to the very brim, leaving no air space at the top where mold might form.

*Āb-ġūra* is used in various Persian dishes. For example, it is an ingredient in *āš-e sāq*, a soup prepared with spinach, leeks, yellow split peas, and seasonings; and it is used to simmer *dolma-ye kadū*, stuffed summer squash. *Āb-ġūra* flavors several types of *ḵoreš* (stewed meat dishes served with rice—e.g., *ḵoreš-e esfenaʾ o ālū* (stewed lamb with spinach and prunes), *ḵoreš-e havij* (stewed lamb with carrots), and *ḵoreš-e čaġāla-bādām* (stewed lamb with fresh, unripe almonds). Unripe grapes are used whole in some dishes, such as *ḵoreš-e ġūra* (lamb stew with sour grapes). *Āb-ġūra* was frequently used until not too long ago also as a souring agent for a number of pickles, dried pickles, and spices (*āčārs*; see *Sofra-ye Aḡama*, pp. 70-71). As a spice, *ġūra* powder (*gard-e ġūra*) was sometimes reinforced by *āb-ġūra* and then dried (*ibid.*, p. 72).



## BIBLIOGRAPHY

---

See description of the dishes in which *āb-ġūra* is used in *Sofra-ye Aṭ'ama*, index, and in N. Ramazani, *Persian Cooking*, New York, 1974, pp. 23, 49-50, 141-42, 152-53, 146.